



Niagara Park Public School

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30th April, 2024

YEAR 6 INTERRELATE PROGRAM - 'MOVING INTO THE TEEN YEARS'

Dear Parents/Carers,

As in previous years, Year 6 will have the opportunity to participate in the Interrelate program this term. Students will participate in 3 x 90 minute sessions.

- PROGRAM:** Moving into the Teen Years
- DATES:** Tuesday 28th May, Tuesday 4th June and Tuesday 11th June, 2024
- WHERE:** Niagara Park Public School
- MODULES:** Understanding my body
Respectful relationships
Taking charge
- COST:** \$35.00
- PAYMENT DUE BY:** Monday 27th May, 2024 (Term 2, Week 5)

Please refer to the Interrelate note attached to this letter or the Interrelate website for more information if required:

<https://www.interrelate.org.au/school-services-programs/students-aged-10-12>

Please complete the permission slip below and forward payment to the school by the due date.

Yours sincerely,

Elliot Dawkins
Assistant Principals (Rel)

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YEAR 6 INTERRELATE PROGRAM - 'MOVING INTO THE TEEN YEARS'

I give permission for my child _____ of class _____ to participate in the Year 6 Interrelate Program 'Moving into the Teen Years' being held at Niagara Park Public School.

I enclose my payment of \$35.00 to cover the cost of this program.

Signed: _____ (Parent/Carer)

Date: _____

Permission Flyer

Dear Parents/Carers,

Interrelate, in conjunction with your school, is offering a course for students in Year 6 to prepare them for High School. *'Moving into the Teen Years'* explores a range of adolescent issues and offers a comprehensive sexuality and relationship education program designed specifically for this important time in life.

The Program

Three 90 minute sessions conducted during school hours

- A wide variety of creative activities and teaching methods are used during the 'Moving into the Teen Years' program. These include: a take home workbook to encourage parental involvement; detailed visual presentations; class discussions; written and verbal questions; games and other activities.
- At an age when talking about sex with adults can be embarrassing, Interrelate ensures it is not only informative but also an enjoyable learning experience.

Session 1: Understanding My Body

Session 2: Respectful Relationships

Session 3: Taking Charge

Program Focus

- Revisit development at puberty
- Outline the process of human reproduction, including conception, foetal development and birth
- Explore respectful relationships with self, friends and family
- Enhance students' self-esteem, communication and decision-making skills in relation to taking responsibility, taking care of themselves and respecting others
- Assist students to become aware of the influences on their personal choices and the potential consequences of those choices
- Raise awareness of technology and its influence on teens, including strategies for cybersafety
- Discuss expectations in high school

Please note:

The cost of the course is inclusive of all sessions. If a session is missed through absence, illness or extra curricular activity, unfortunately we are unable to refund the full or partial cost of the program.